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SOUP

24 Famous
Chinese dishes
for banquets
or everyday
family use.

24道名菜
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湯類

8800

Soup 1

Hot and Sour Soup

Hot & Sour Soup

Ingredients:

4 oz	*Pork loin*	*6 C.*	*Soup Stock*
1	*Bean curd (2" × 2")*	*1 T.*	*Salt.*
½ C.	*Chicken blood (solidified)*	*2 T.*	*Soyauce*
½ C.	*Wood ear (shredded)*	*3 T.*	*Cornstarch*
1	*Bamboo shoot*	*1 T.*	*Pepper*
1	*Egg*	*2 T.*	*Vinegar*
		½ T.	*Sesame oil*

Procedure:

1. Cook pork in 5C. water for 20 minutes, cut into strings when cool.
2. Shred bean curd, chicken blood, black woodear, (soaked in water till soft) and bamboo shoot into strings 2’’ long. Beat the egg.
3. Boil soup stock, add all ingredients except egg. Season with salt and soysauce. Bring to a boil, thicken with cornstarch paste. Turn to low heat, pour egg in soup (stir the soup while pouring egg).
4. Place pepper, sesame oil and vinegar in a soup bowl. Serve. Pour the soup in bowl. Serve

Squid Potage

Squid Potage

Ingredients:

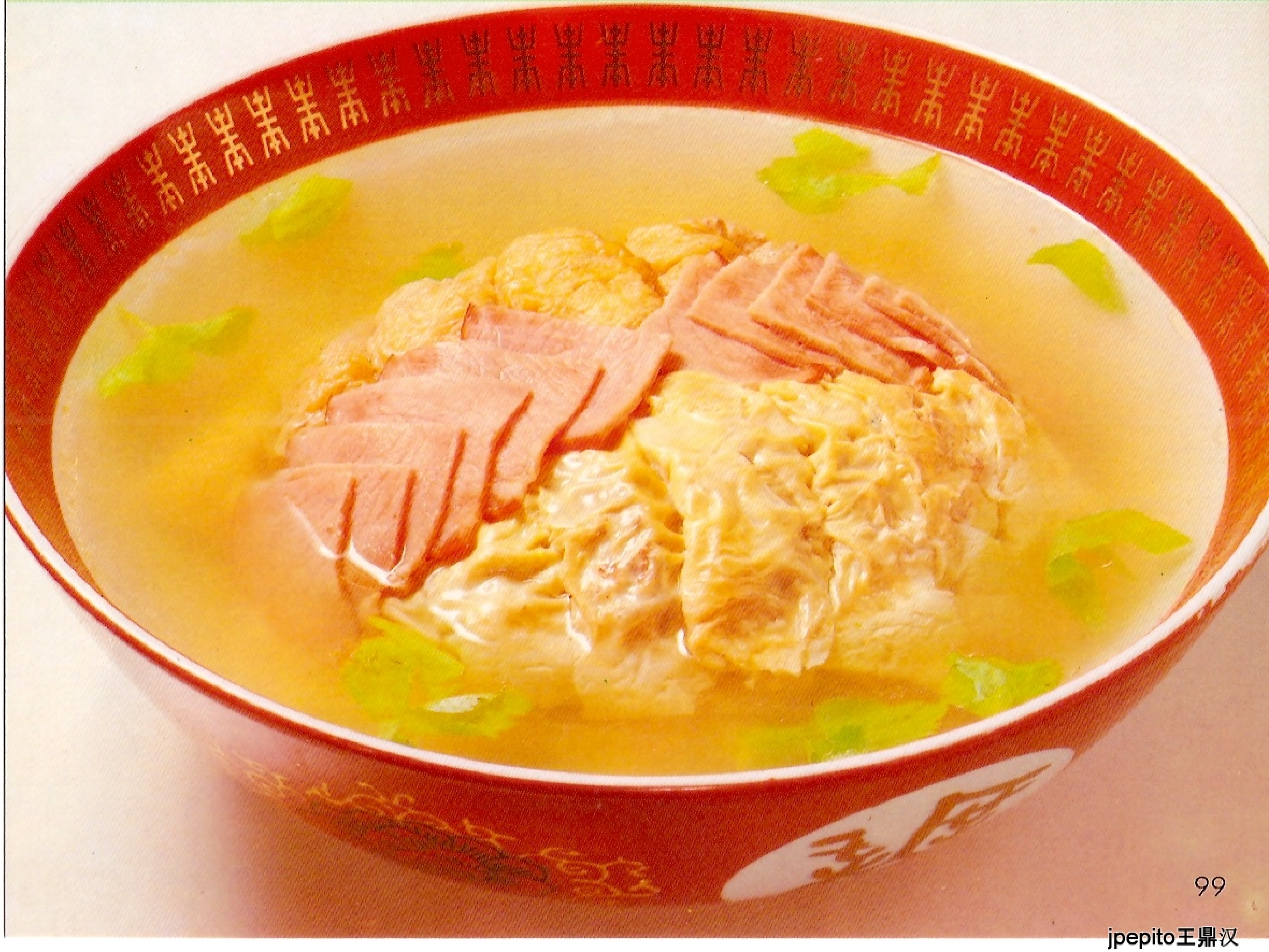
½ lb	*Squid*	*3 T.*	*Cornstarch*
½ lb.	*Fish meat (smashed)*	*1 T.*	*Fried green onior (chopped)*
1	*Bamboo shoot*	*½ t.*	*Pepper*
3	*Black mushroom*	*1 T.*	*Chinese parsley*
1 t.	*Salt*	*1 t.*	*Garlic juice*
1 t.	*Sugar*	*1 t.*	*Sesame oil.*
2 T.	*Soysauce*		

Procedure:

1. Remove skin from squid cut into strings 1½" long. Mix with smashed fish meat in a bowl.
2. Put squid mixture in boiling water piece by piece, cook over low heat for 3 minutes. Add bamboo shoot shredded, black mashrooms shredded, salt, sugar, soysauce, thicken with cornstarch paste.
3. Place fried green onion (chopped), Chinese parsley, pepper, garlic juice, sesame oil, vinegar in soup bowl, then. Pour soup in bowl, mix well , serve.

Soup 3

Stuffed meat Balls Soup



Stuffed Meat Balls Soup

Ingredients:

½ lb	*Ground pork*	*3 pcs.*	*Dried bean curd sheet*
½ T.	*Soysauce*	*10*	*Deep fried glutinous flour.*
1 T.	*Wine*	*12 pcs.*	*Ham slices.*
½ T.	*Salt*	*6 C.*	*Soup stock*
1/8 t.	*Black pepper*	*1½ t.*	*Salt*

Procedure:

1. Add soysauce, wine, salt, black pepper and 2T. water to ground pork, mix well.
2. Arrange ham slice in center of a bowl.
3. Cut each dried bean curd sheet into 3 pieces. Wrap 1 T. pork mixture in one sheet, roll to a cylinder.
4. Soak deep-fried glutinous flour in 1-½ C. boiling water (add ½ t baking soda) for 5 minutes. Rinse, insert 1 T. pork mixture in each glutinous flour.
5. Arrange glutirous flour packages and bean curd rolls, in bowl. Add in ½ C. soup stock, and ½ t. salt, steam for 30 minutes. Turn bowl up side down in a large soup bowl. Pour in 5 C. boiling soup stock, serve.

Soup 4 Steamed Duck Soup with Salted Cucumber

Steamed Duck Soup with Salted Cucumber

Ingredients:

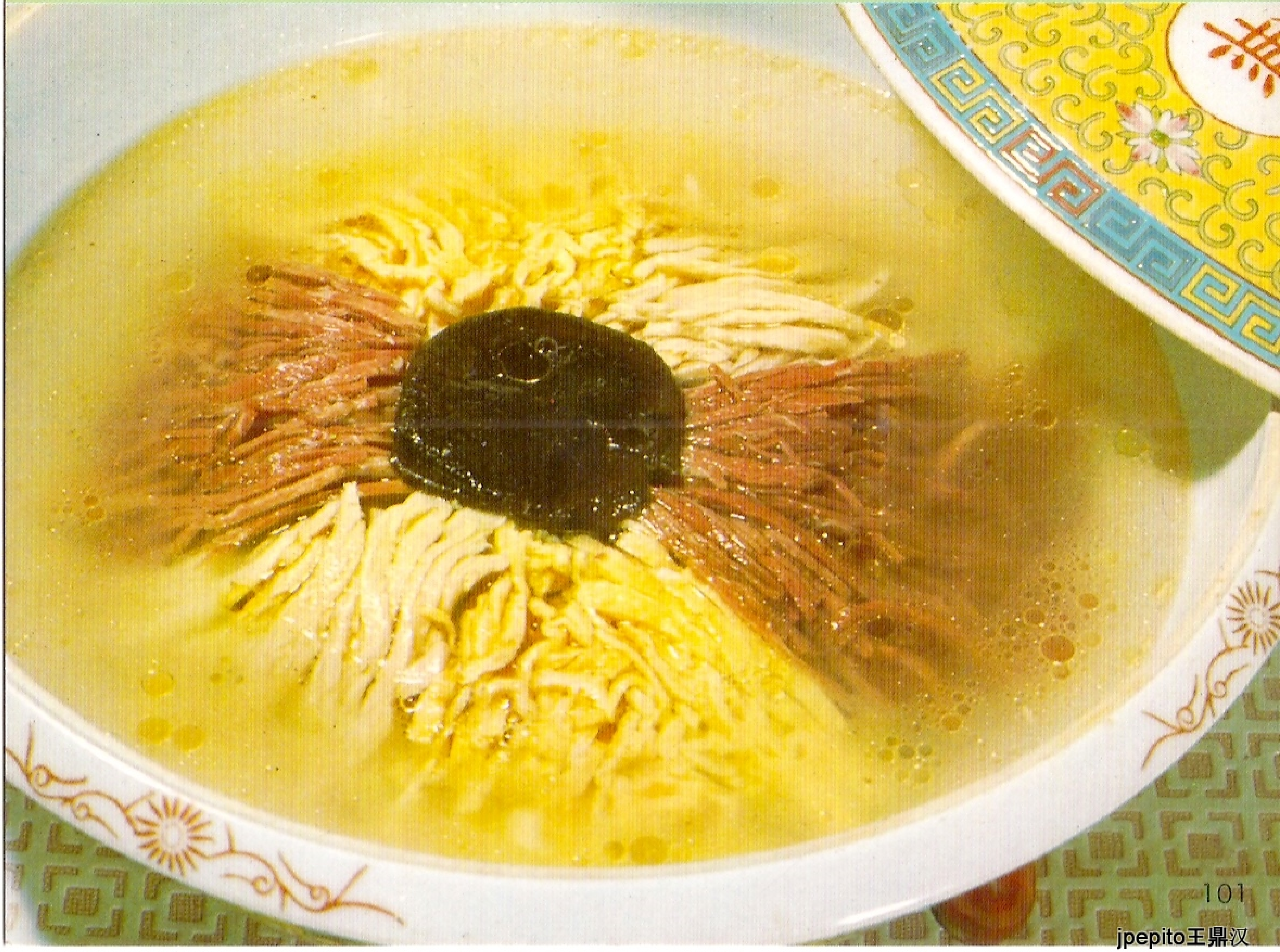
½	*Duck*	*6 C.*	*Boiling water*
3.	*Ginger slices*	*1 C.*	*Pickled cucumber.*
2 T.	*Wine*	*1½ C.*	*Salt*

Procedure:

1. Cut duck into pieces 1″ × 2″ .
2. Cook duck in boiling water for ½ minute, take out and rinse.
3. Place duck in steam bowl. Add boiling water, ginger, wine, steam over high heat for 1 hour.
4. Add pickled cucumber in duck soup. Steam for another 40 minutes. Season with salt, serve.
   * Chicken can be cooked this way too.

Soup 5

Mold San—Sze Soup



Mold San-Sze Soup

Ingredients:

6 oz.	*Chicken meat*	*2*	*Green onions*
4 oz.	*Ham*	*3 slices*	*Ginger*
2	*Eggs (or shredded snow peas)*	*2 t.*	*Salt*
2	*Bamboo shoots (or turnip)*	*6 C.*	*Soup stock*
1	*Black dried mushroom*	*1½ T.*	*Chicken grease*

Procedure:

1. Boil the chicken in 8 cups boiling water with green onion, and ginger about 20 minutes. Remove the chicken, let cool. Save the soup stock (about 6 cups) for later use.
2. Tear the cold chicken into shreds. Cut the ham into thin strips.
3. Peel and boil whole bamboo shoots about 10 minutes, cut into thin strips. Soak mushroom in warm water and remove the stem.
4. Using a frying pan make two thin pancakes, with the beaten eggs. Cut intothin strips.
5. In a medium size bowl put the mushroom upside down in the center. Arrange the shredded chicken, ham, egg attractively in the bottom of bowl. Add bamboo strips in center, Sprinkle ½ *t.* salt and ½ C. soup stock. Steam for 20 minutes.
6. Turn the steamed dish into a large soup bowl. Bring the soup stock to a boil and season to taste, (Add salt and chicken grease). Pour it around the steamed bowl. Remove the steamed bowl and serve.

Soup 6

Sliced Fish Soup Hu—Nan Style

Sliced Fish Soup Hu-Nan Style

Ingredients:

1 lb.	*Live fish (Carp)*	*1 T.*	*Sesame seeds.*
1 t.	*Wine*	*1 t.*	*Vinegar*
1c.	*Lettuce (shredded)*	*1/4 t.*	*Black pepper*
1	*Yu-T'iao*	*1 t.*	*Sesame oil*
2 T.	*Green onion (chopped)*	*6 c.*	*Soup stock*
1 T.	*Chinese parsley*	*1½ t.*	*Salt.*

Procedure:

1. Cut carp lengthwise to two half pieces. Remove bones and skin. Cut into 1½″ thick sections, then cut into very thin slices (along the grain) Marinate with wine.
2. Place lettuce strings in a large soup bowl. Put deep fried Yu-T'iao (cut into small pieces). Place fish slices one by one over Yu-T'iao. splash Fried sesame seeds, green onion, Chinese parsley, vinegar, sesame oil.
3. Boil soup stock, season with salt, bring to a boil, pour over fish, serve hot.
   * This is a Hu-Nan style soup.

Soup 7

Minced Chicken Soup in Bamboo Cup

Minced Chicken Soup in Bamboo Cup

Ingredients:

5 oz.	*Chicken meat*	*2 t.*	*Salt*
5 oz.	*Pork fillet*	*1 t.*	*Black pepper*
½ oz.	*Dried scallops*	*1 T.*	*Wine*
8	*Water chestnuts*	*2 T.*	*Soy sauce*
12	*Bamboo cups*	*6 C.*	*Chicken soup stock (cold)*

Procedure:

1. Remove skin from chicken. Grind chicken meat together with pork fillet three times. Steam the soaked scallops about half an hour, then tear with fingers into fine shreds. Chop the water chestnuts and squeeze dry.
2. Mix ground chicken and pork meat with wine, salt, and soy sauce, then add scallops and water chestnuts. In bowl, add 1 C. of soup stock to mixture at at time, mixing well between additions.
3. Pour the mixed ingredients into the bamboo cups, steam over high heat for 2 to 3 hours. While serving, put each bamboo cup of soup into a small individual bowl.

Note:

1. **The same size tea cup can be used instead of bamboo cup.**
2. **Green prince melon or tomato can also be used instead of the bamboo cup, but the ingredients must be steamed in rice bowl first, then poured into the melon or tomato cups and steam for another 20 minutes.**

Soup 8

Steamed Eel Soup

Steamed Eel Soup

Ingredients:

1¼ lbs.	*Eel*
3 T.	*Wine*
5 slices	*Ginger*
1 T.	*Special flower seeds (go-gi)*
1 T.	*Soy sauce*
¼ t.	*White pepper*
1 t.	*Salt*
6 C.	*Soup stock*

Procedure:

1. Remove entrails from eel. Use two bamboo chopsticks to reach eels's stomach from neck to remove dirt.
2. Boil 8 C. water, add 1 C. cold water, then add eel and scald for 3 seconds. Remove and brush eel skin until clear, then cut into 1 inch long sections. Place in casserole and add wine, soy sauce, ginger, flower seeds, salt, and soup stock. Cover with lid or cellophane paper, and steam over high heat for 2 hours. Serve hot.

Soup 9

Shredded Bean Curd Soup with Chicken and Ham

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Shredded Bean Curd Soup with Chicken and Ham

Ingredients:

10 oz.	*Dried White bean curd*	*4 oz.*	*Ham*
1.	*Chicken brest.*	*10 C.*	*Soup stock.*
		1½ t.	*Salt*

Procedure:

1. Cut dried white bean curd into slices, then shredded into fine strings.
2. Cook bean curd strings in boiling water for 3 minutes over low heat, take out and drain. Cook again with 4 c. soup stock over low heat for 5 minutes.
3. Remove bones from cooked chicken brest, cut into strings, also cut ham into strings.
4. Boil 6 c. soup stock in a wok. Add bean curd strings, chicken, ham, cook over low heat, season with salt, mix well, serve.

Soup 10

Winter Melon Soup with Assorted Meats

Winter Melon Soup with Assorted Meats

Ingredients:

1 lb.	*Winter melon*	*2*	*Ginger slices*
15	*Shrimps*	*½ T.*	*Wine*
2	*Chicken liver*	*6 C.*	*Soup stock*
3	*Black mushroom.*	*1½ t.*	*Salt*
2 T.	*Ham (small cubes)*	*½ t.*	*Pepper*
10	*Quail eggs*	*½ T.*	*Chicken oil*
3 T.	*Oil*		

Procedure:

1. Peel winter melon, discard seeds, cut into 1″ cubes, cook in boiling water for 5 minutes.
2. Slice shrimps into halves, marinate with cornstarch, cut chicken liver (cooked) into small cubes. Soak black mushrooms, till soft, cut into small cubes.
3. Heat 3 T. oil, stir fry ginger, add wine, soup stock, put all ingredients in wok, bring to a boil, season with salt, cook for one minute, add shrimps, when shrimps are done, turn off heat.
4. Pour in a large soup bowl, splash pepper, chicken oil. Serve.

Soup 11

Sea Cucumber Soup San—Ton Style

Sea Cucumber Soup San-Ton Style

Ingredients:

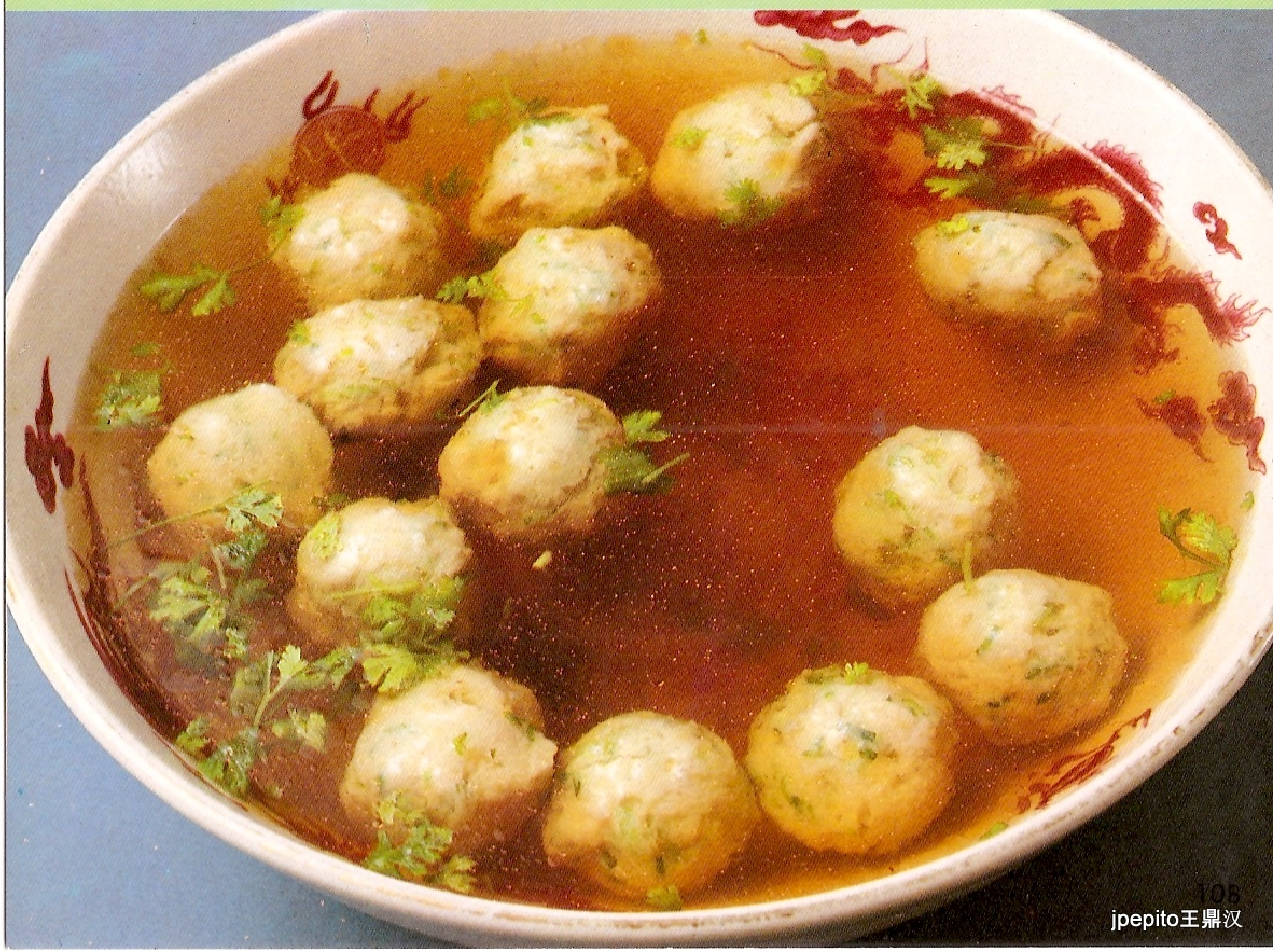
½ C.	*Shredded cooked Pork*	*1/3 C.*	*Shreeded green onion*
½ C.	*Shredded cooked chicken*	*1/3 C.*	*Shredded chinese parsley*
½ C.	*Shredded cooked pig's tripe*	*6 C.*	*Chicken soup stock*
½ C.	*Shredded sea cucumber*	*1½ T.*	*Soy sauce*
½ C.	*Shredded egg pancake*	*1½ t.*	*Salt*
½ C.	*Potato strings*	*1½ T.*	*Vinegar*
1 C.	*Agar agar strings (1½" long)*	*¼ t.*	*Pepper*
¼ C.	*Ham strings*	*½ t.*	*Sesame oil*

Procedure:

1. Cook potato strings in chicken soup stock for 3 minutes. Add pork strings, chicken strings, pig tripe strings and sea cucumber strings, cook for another ½ minute. Add ham strings, egg strings and agar agar strings, and season with salt, soy sauce, and vinegar. After boiling again, turn off heat.
2. Add green onion and chinese parsley, pour into large soup bowl and mix well. Sprinkle with black pepper and sesame oil. Serve.

Soup 12

Yellow Fish Balls Soup Northern Style



Yellow Fish Balls Soup Northern Style

Ingredients:

10 oz.	*Yellow fish (or sea Eel)*	*1 T.*	*Soysauce*
2/3 t.	*Salt*	*1 t.*	*Salt*
1 c.	*Water*	*1 t.*	*Sesame oil*
1 T.	*Lard*	*¼ t.*	*pepper*
3 oz.	*Leeks*		*Chinese Parsley*

Procedure:

1. Remove bones and skins from fish , chop into very fine.
2. Add salt to fish in a large bowl, add in water gradually. Use lots of chopsticks stir along the same directions till fish becomes very sticky. Add in chopped leeks and lard, mix well.
3. Boil 6 c. water, use left hand, put 2 T, fish mixture in palm, squeeze and a walnut size ball will come out from fists, use right hand holding a spoon to take the ball in the soup. Making all fish balls in soup, cook over medium heat, add salt and soysauce. Pour in large bowl, add pepper sesame oil and Chinese parsley, Serve.

Soup 13

Squid Slices and Sour Cabbage Soup

Squid Slices and Sour Cabbage Soup

Ingredients:

1	*Squid*	*6 C.*	*Soup stock*
½	*Salted sour cabbage*	*1 t.*	*Salt*
10 pcs	*Ginger slices*		

Procedure:

1. Discard squid's skin. Score 0.5 cm cuts on inside of squid, cut into large thin slices.
2. Remove old leaves from salted sour cabbage. Cut salted sour cabbage into large thin slices.
3. Boil soup stock to cook salted sour cabbage's old leaves for 5 minutes, add ginger and tender part salted sour cabbage slices, cook for 3 minutes, season with salt, add in squid, bring to a boil, pour in large soup bowl immediately.

Soup 14

Spareribs Soup with Soy Bean

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Spareribs Soup with Soy Bean

Ingredients:

10 oz.	*Pork Spareribs*	*2 t.*	*Salt*
3 oz.	*Soy bean*	*1*	*Green garlic*

Procedure:

1. Clean soy bean in water, sock for 6 hours.
2. Cut spareribs into small pieces, cook in boiling water for 1 minute, remove and drain, then cook with soy bean in 12 c. boiling water over low heat for 2 hours.
3. Season with salt, pour in a large soup lowl, splash green garlic (shredded), Serve.

Soup 15 Steamed Chicken and Mushroom Soup Cassrole

Steamed Chicken and Mushroom Soup in Casserole

Ingredients:

½	*Chicken*	*1 T.*	*Wine*
8	*Black mushroom*	*2 t.*	*Salt*
2	*Ginger slices*		

Procedure:

1. Cut chicken into 1″ square pieces cook in boiling water for 10 seconds, take out and rinse.
2. Soak black mushroom, till soft, discard stems. Put chicken and black mushroom in a steam bowl, add ginger, boiling water, steam over high heat for 1 to 1½ hour.
3. Season with salt, Serve.

* Chinese ham can make this soup more dilicious.

Soup 16

Yellow Fish Potage Shan—Hai Style.

Yellow Fish Potage Shan-Hai Style

Ingredients:

1½ lb.	*Yellow fish*	*1*	*Green onion*
	(or any white meat fish)	*1*	*Ginger slice*
½	*Egg white*	*2 T.*	*Oil*
1	*Bamboo shoot*	*1 T.*	*Wine*
4 oz.	*Salted vegetables*	*1½ T.*	*Salt*
1 T.	*Ham (shredded)*	*4 T.*	*Cornstarch paste*
6 C.	*Soup stock*	*¼ t.*	*Pepper*

Procedure:

1. Discard bones and skin from fish. Cut into 1 cm cubes. Marinate with egg white for ½ hour.
2. Shred cooked bamboo shoot into thin strings, split salted vegetable one by one, cut into small pieces (discard leaves ends.)
3. Heat 2 T. oil to stir fry ginger, green onion, splash wine, pour in soup stock, discard ginger and green onion. Season with salt, bring to a boil, add bamboo shoot and fish. Thicken with cornstarch paste.
4. Add in salted vegetables and egg white. Turn off heat, pour in large soup bowl, splash ham and pepper, Serve.

Soup 17

Oyster and Yu—T'iao Potage

Oyster and Yu-T'iao Potage

Ingredients:

1½ C.	*Oysters (small and shelled)*	*2 t.*	*Salt*
1 pc.	*Green onion*	*4 T.*	*Cornstarch (make paste)*
3 slices	*Ginger (1" square)*	*4 T.*	*Water*
2 pcs.	*Yu Tiao*	*2 T.*	*Chopped green onion*
3 T.	*Oil*	*2 T.*	*Chopped Chinese parsley*
2 T.	*Wine*	*¼ t.*	*Black pepper*
6 C.	*Soup stock*		

Procedure:

1. Put some salt in the shelled oysters. Mix with fingers. Rinse with water until clean. Drain.
2. Boil 6 C. of water with 1 pc. of green onion, 1 slice of ginger, and 1 T. of wine. Then add the oysters and boil about 5 seconds. Remove and drain.
3. Slice the Yu-Tliao into small pieces. Deep fry them, until brown and crispy. Place on the bottom of a large serving bowl.
4. Heat 3 T. of oil in pan. Fry 1 pc. of green onion and 2 slices of ginger until brown. Splash 1 T. of wine in. Add the soup stock immediately. Bring to a boil. Season with salt. Thicken with cornstarch paste.
5. Add the oysters into the potage, Bring to a boil again over high heat. Remove to a large serving bowl. Sprinkle the chopped scallion, parsley, and black pepper over it. Serve hot.

Note:

1. Instead of Yu T'iao, you may use some deep fried cellophane noodles or rice crispies.
2. Instead of oysters, fresh clams or fresh small shrimp may be used.

Soup 18 Crab Meat with Sweet Corn Soup

Crab Meat with Sweet Corn Soup

Ingredients:

1	*Crab*	*2/3 can*	*Sweet corn (cream style)*
2 T.	*Green onion (chopped)*	*1 t.*	*Salt.*
2	*Ginger slices (chopped)*	*4 T.*	*Cornstarch*
1 T.	*Wine*	*6 c.*	*Water*
6 C.	*Soup stock*	*1*	*Egg white*

Procedure:

1. Clean crab and steam for 20—30 minutes, let cool, open and remove meat.
2. Heat 2T. oil to stir fry ginger and green onion, splash wine and pour soup stock in pan, pour sweet corn in and bring to a boil, add crab meat.
3. Thicken with cornstarch paste, add beaten egg white, Serve.

Spinach and Bean Curd Soup

Spinach and Bean Curd Soup

Ingredients:

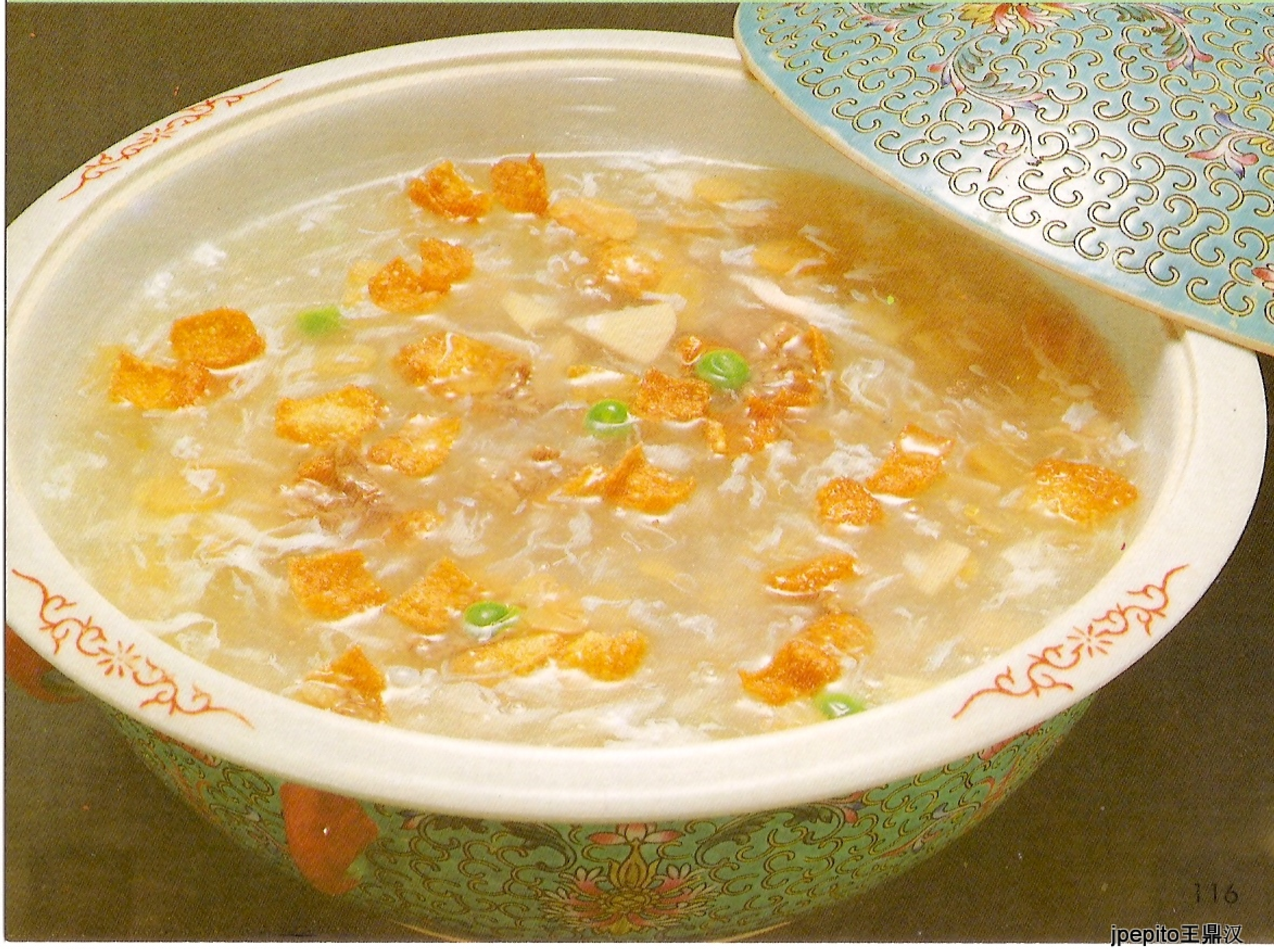
6 oz.	*Spinach*	*6 C.*	*Soup stock*
1 pcs.	*Dean curd*	*2 t.*	*Salt*
4 oz.	*Pork loin*	*4 T.*	*Cornstarch*
½ C.	*Bamboo shoot (slices)*	*½ t.*	*Pepper*
½ C.	*Mushroom (slices)*		

Procedure:

1. Cook spinach in boiling water for 10 seconds, let cool, squeez out water, cut into small pieces.
2. Cut bean curd into small pieces, cut cooked pork into small pieces.
3. Boil soup stock in a wok. Add bamboo shoot. Mushroom, pork, bean curd. Season with salt, thicken with cornstarch paste. Add spinach and mix well.
4. Pour soup in a large bowl, splash pepper, Serve.

Soup 20

Beef Potage Cantonese Style



Beef Potage Cantonese Style

Ingredients:

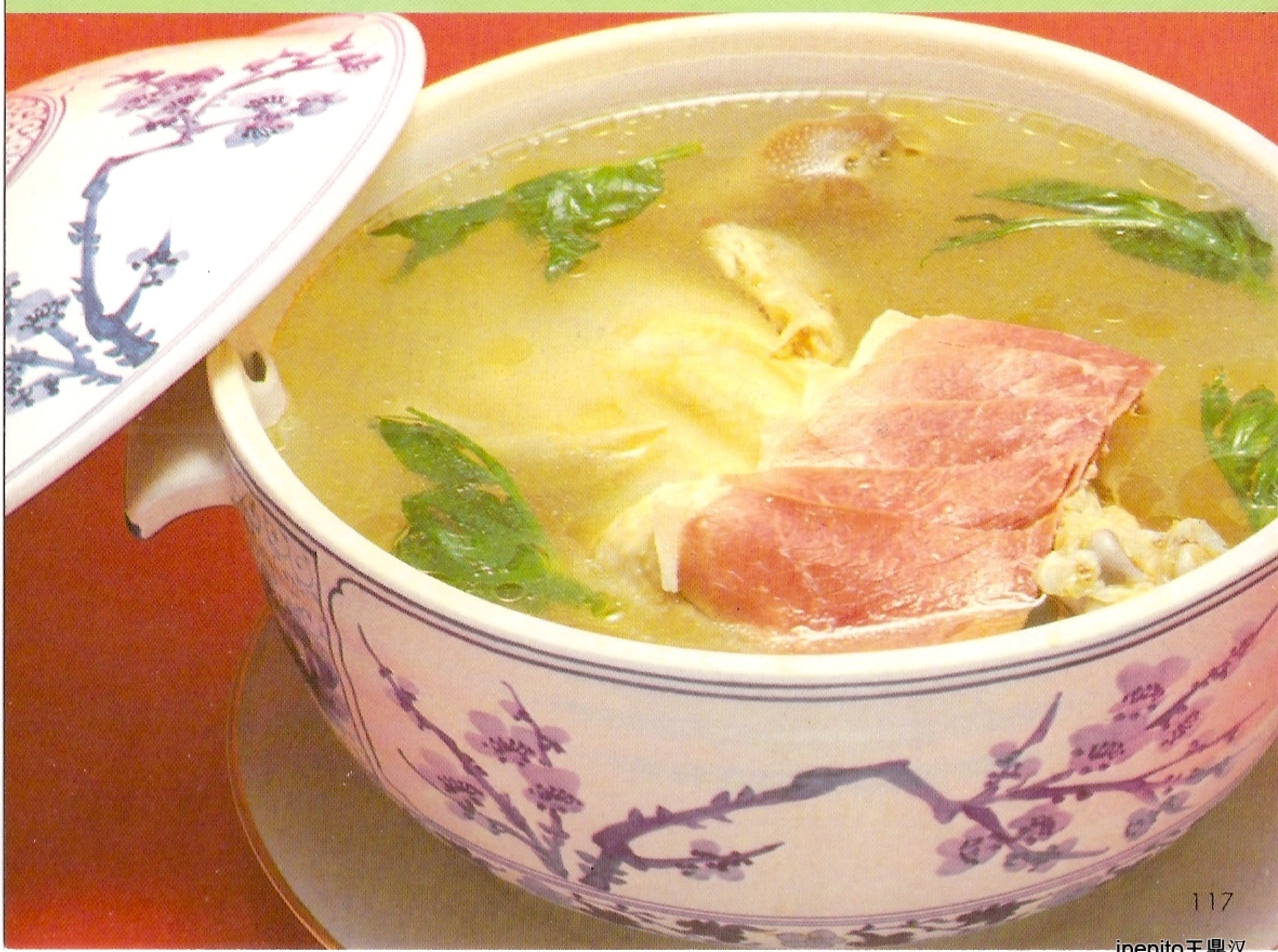
3 oz.	*Beef*	*½ C.*	*Mushroom (small)*
2 t.	*Cornstarch*	*½ C.*	*Bamboo shoot (small)*
½ T.	*Soysauce*	*2 T.*	*Green bean*
½ T.	*Water*	*1½ t.*	*Salt*
2 T.	*Oil*	*4 T.*	*Cornstarch*
1	*Green onion*	*1*	*Egg white*
1	*Ginger slice*	*1/6 t.*	*Pepper*
½ T.	*Wine*	*2*	*Won-Ton skin*
6 C.	*Soup stock*		

Procedure:

1. Cut beef into small pieces, marinate with cornstarch, soysauce, water for 15 minutes.
2. Cut Won-Ton skin into 1 cm squares. Deep fry in hot oil, remove and drain dry.
3. Heat 2 T. oil to stir fry ginger and green onion, splash wine, pour soup stock, add bamboo shoot, mushroom, season with salt, thicken with cornstarch paste.
4. Splash beef in pan, stir with chopsticks to separate beef in soup, then pour beaten egg in soup, Turn off heat, pour to soup bowl and add deep fried Won-Ton skin and pepper. Serve.

Soup 21

Steamed Whole Chiken Soup



Steamed Whole Chicken Soup

Ingredients:

1	*Chicken*	*4 oz.*	*Ham*
2	*Green onion*	*1½ t.*	*Salt*
2	*Ginger slices*	*10*	*Snow peas tips*
2 T.	*Wine*		

Procedure:

1. Rinse chicken, pour boiling water in chicken's belly to clean inside, then put chicken in a steam bowl.
2. Pour 5 C. boiling water in bowl, add green onion, ginger wine steam over high heat for 1½ hours.
3. Discard ginger and green onion. Cut ham into large thin slices, arrange beside chicken brest.
4. Steam for another 15 minutes, season with salt. Add snow peas tips. Turn off heat. Serve.

Soup 22

Sliced Fish Soup with Watercress

Sliced Fish Soup with Watercress

Ingredients:

10 oz.	*Watercress*	*6 C.*	*Soup stock*
314 lb.	*Fish meat*	*1½ t.*	*Salt*
1 t.	*Soysauce*	*1/6 t.*	*Pepper*
1 T.	*Cornstarch paste*	*2 T.*	*Ginger strings*
1 T.	*Oil*		

Procedure:

1. Kill carp fish just before cooking (fish will be spongy). Cut off fish heat, remove bones and skins, slice fish meat into 1½″ squeres, marinate with soysauce, cornstarch, oil for 10 minutes.
2. Rinse Watercress and discard old leaves, cut into 2″ long sections.
3. Boil soup stock, add fish head and watescress, bring to a boil, season with salt. Add fish slices, bring to a boil again.
4. Pour soup in a large bowl, splash ginger strings and pepper. Serve.

Soup 23

Assorted Sea Food Soup

Assorted Sea Food Soup

Ingredients:

1/3 C.	*Crab meat. (cooked)*	*3 T.*	*Oil*
2 T.	*Crab roe*	*2*	*Ginger slices*
10	*Clams*	*1*	*Green onion*
10	*shrimps*	*½ T.*	*Wine*
1	*Sea cucumber*	*6 C.*	*Soup Stock*
½	*Squid*	*1½ t.*	*Salt*
6	*Mushrooms*	*4 T.*	*Cornstarch*
½	*Bamboo shoot*	*1/3 t.*	*Pepper*
2 T.	*Fresh soybean*	*¼ t.*	*Sesame oil*

Procedure:

1. Tear crab meat into strings. Cut crab roe into small pieces.
2. Slice sea cucumber, cook with water and ½ T. wine for 5 minutes, Remove.
3. Score some cuts on inside of squid, cut lengthwise into thin slices, take out clam meat. Marinate shrimps with ½ T. cornstarch.
4. Cook fresh soybean till done. Cut mushrooms and bamboo shoot into small pieces.
5. Heat 3 T. oil, stir fry ginger and green onion, splash wine, pour soup stock, add bamboo shoot and mushrooms, season with salt, add sea cucumber and shrimp, thicken with cornstarch paste.
6. Add squid slices, clams and crab meat, bring to a boil, pour in a large soup bowl, add crab roe, mix well and serve hot.

Soup 24

Beef with Bean Strings Soup.

Beef with Bean Strings Soup

Ingredients:

10 oz.	*Beef*	*3 T.*	*Oil*
2 slices	*Ginger slices*	*2 T.*	*Curry powder*
1	*Green onion*	*1½ t.*	*Salt*
6 oz.	*Green bean strings*	*1*	*Green garlic*

Procedure:

1. Cook beef in 6 C. boiling water with ginger and green onion over low heat for 1½ hours. take out. Cut into slices when cool.
2. Soak green bean strings in warm water for 15 minutes.
3. Heat 3 T. oil to stir fry curry powder over low heat. Pour beef soup in pan. Add bean strings, bring to a boil, season with salt.
4. Add beef in soup and cook for ½ minute, pour in a large soup bowl, splash shredded green garlic, (or green onion chopped). Serve.

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22. 西洋菜魚片湯 Sliced Fish Soup with Watercress
23. 什 錦 海 鮮 湯 Assorted Sea Food Soup
24. 咖哩牛肉細粉湯 Beef with Bean Strings Soup.

PEI MEI'S
CHINESE COOKING CARDS

SOUP

Pei Mei's Cooking Cards are classified into: Chicken, Duck, Pork, Beef, Fish, Soup, Seafood, Bean curd. & Eggs Vegetable, Vegetarian dishes.

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